

THE NEW MEN'S SHOP

G STREET—TWO DOORS EAST OF ELEVENTH.

SUITS at \$14.50

The young man prefers the ready-to-wear serge, flannel, and cloth suits here at \$14.50 to those made to measure at twice the price. Why is it?

PorosKnit 69c
\$1.00 Union Suits

The "run of the mills"—presenting the opportunity to buy three suits for the price of two.

Three Suits for \$2.

Quantity limited—Call today.

A. LISNER **PALAIS ROYAL** Hours 9 to 6
G Street.

PRACTICAL HEALTH TALKS

By **Lillian Whitney, M.D.**

Dr. Whitney's popular articles on health and beauty subjects in several leading magazines have been attracting marked attention for a number of years. No other writer on similar topics is better equipped for the work, for Dr. Whitney has established an enviable reputation as a specialist and is endowed with the ability to make herself easily understood by her readers. She will answer all letters relating to her department as promptly as possible. All letters should be accompanied by a stamped envelope and should be addressed care of this paper.

THE VALUE OF RELAXATION.

Thinking people have long ago been awe-struck at the awfulness of world conditions. They are no longer remote. Each of us is beginning to realize impending tremendous changes and to feel the atmosphere, as it were.

It is rare, indeed, to find a man or woman who is not keeled up to the lightning, every nerve and muscle in tension, unable to relax, even in sleep, but is crumpled up in a heap, or in strained positions, with distorted features that suggest to one's eyes a look of pain. It is impossible to straighten out kinks in muscles and joints and to obliterate furrows, as well as to clarify judgmented glances, when this nervous tension becomes habitual.

We have need in our everyday affairs for all our strength and energy. Besides that, we must cultivate a reserve strength that will enable us to bear with patience and fortitude any untoward demands that may be made upon us. In minor ways, we must cultivate "preparedness" of mind and body for impending events. This can best be done by complete relaxation, of which we strenuous Americans know so little.

Watch a cat yawn, stretch and relax, and it becomes quite easy. Contract every nerve and muscle for a moment, and then the necessity and ability to relax will follow quite naturally. By contracting and letting go repeatedly one is able after a while to relax every part of the body, even to the point of complete numbness of the neck, which so many men, as well as women, complain, and which is the cause of frequent headaches in both sexes and the loss of much beauty in women. Men are not so much addicted to assuming stiff postures, but even though they are more in the habit of sitting on the edge of chairs, tipping their backs, so straining every muscle, making the trunk rigid and contracting the hands, they nervously grasp the sides of the chair.

Serenity of mind and grace of body are soon acquired when ten to fifteen minutes daily are devoted to complete relaxation. A position conducive to this is lying flat upon the back, with the hands slightly clasping the unknit knees. Many women find this position extremely restful. When the requisite time is actually not at one's disposal, it is still possible to initiate the cat, to yawn, stretch and relax completely a number of times daily. On awakening in the morning, before arising, indulge in the stretch and relax. This sends the blood to every part of the body, and when it is followed by repeated periods of exhilaration follows. In time this simple exercise of the cat—yawning, stretching and relaxing—can be perfected into a valuable aid to conserve energy, check nervous irritability, and permanently cure many unpleasant and unsightly forms of nervous habits. Especially beneficial is this practice if pursued in the open air or in a room flooded with fresh air and sunlight.

Answers to Queries.

A Reader: I cannot speak of any proprietary articles in this column, nor can

WATCH YOUR CHILDREN'S TOILET HABITS

Irregularity Makes Cross, Weak, Sickly Children.

It is second nature to the child to neglect itself in this important matter—one of the worst possible things for its health. Colds, fever, sore throat, tonsillitis and indigestion all can usually be traced back to this neglect and to constipation.

Watch your children—see to it that they have a regular time for going every day and if you find that they are neglecting it or if they keep in then it is your duty to help them. Nature by giving them an NR tablet when they go to bed at night. It will not gripe or cause trouble during the night, but in the morning they will feel fine. Do this every night for a couple of weeks and the morning habit will be established.

This will keep your children in good health and free from sickness and stomach and bowel troubles.

Remember the name of this splendid laxative—Nature's Remedy—just ask your druggist for NR Tablets—25c a box.

At all four People's Drug Stores, 7th & K Sts. N. W., 7th & E Sts. N. W., 14th & U Sts. N. W., 7th & M Sts. N. W.

I conscientiously recommend any that you mention. An excellent skin food consists of equal parts of lanolin cocoa butter and olive oil.

Chronic Trouble. There is absolutely nothing so essential to health as good digestion. Deficiency in this respect causes fermentative and putrefactive changes in the intestinal tract. Power to digest food depends on the proper amount of digestive juices. When these are weak or lacking, disorders of various kind arise. I will gladly put you in touch with a valuable preparation which is not a digestant, but which is far more efficacious, as it stimulates the natural processes into activity.

Ignorant: While it will give me the greatest pleasure to advise you on matters within the scope of this column, it is altogether beyond its bounds to enter into a dissertation on psycho-analysis. I may touch upon this in an article later on. Meanwhile, cultivate a normal mind by living as much as possible in God's air of doors and eating plain, simple fare.

Etta: Nail varnish is not used as much as formerly. The fad has died out. However, here is a formula: Paraffin wax, 1 dram, chloroform, 2 ounces, oil of rose, 3 drops. Polish the nails in the usual manner, apply the varnish and rub with a buffer.

Mrs. Smith: Yes, there is such a thing as orange talcum powder. In its simplest form it can be made as follows: Talcum, 19 ounces; sodium perborate, 1 ounce. Both ingredients should be in very fine powder, should be well mixed and passed through a fine sieve. A little orris or violet perfume may be added.

Gray Hair: Yes, iron in hair tonics is entirely harmless. Here is a very good formula: Iron sulphate, 2 drams; glycerin, 1 ounce; cologne water, 1 ounce; rose water, 1 ounce. This is to be applied to the hair once or twice daily with a small brush. It gradually darkens the hair.

"I bet, sah, dat I've un'finted muh old hund'ed times since I done got dat muh" related Brother Bomber-shay. "Every time he kicks I jump back so quick I jerks de stem right out'n de bowl!"—Kansas City Star.

For the Unexpected Guests

—you are anxious to serve the very best that can be had—to cheer and refresh them. Just have your grocer send you a package of this supreme quality India-Ceylon Tea and you will realize how delicious it is. Insist on

Ridgways Tea

Awarded Gold Medal—Highest Honor
India-Ceylon Teas—San Francisco, 1915

CLAFLIN HEADS TEACHERS' UNION

Organized High School Pedagogues Elect Permanent Officers.

PROGRAM IS OUTLINED

President Says Teachers Are in Perfect Harmony With Education Board—Pensions to Be Urged.

Ray C. Claflin, of Technical High School, was chosen president of the Washington High School Teachers' Union at its meeting at Central yesterday afternoon. Temporary President L. V. Lamson declined to be considered for the office, inasmuch as he is highly instrumental in the forming of the organization and had served as its presiding officer for the past few weeks.

Other officers named were: William J. Wallis, Eastern, vice president and chairman of the legislative committee; George J. Jones, Central, secretary; Olaf Sangstad, Technical, guardian; Miss Genevieve Marsh, Technical, chairman of the membership committee; Mrs. F. H. Rogers, Wilson Normal, chairman of the financial committee; and members of the committee on delegates to the American Federation of Labor, L. V. Lamson, Central, chairman; Reuben Flax, Business, George R. Devitt, Western, J. J. Rothelme, Eastern, and J. R. Wilson, Technical.

President Claflin, in his speech of acceptance, declared that the union has not been formed to kick against present conditions in the schools, yet it would work for the pensioning of teachers and other reforms which may be thought necessary.

Co-operation Is Urged.

He urged co-operation among the teachers, 125 of whom have already joined the union, and stated that if this co-operative spirit is maintained, the organization can be a source of benefit both individually and collectively. President Claflin declared that there is absolute harmony between the teachers and members of the Board of Education and that this should be maintained.

Delegates will be sent from Washington to the meeting of the American Federation of Teachers in New York, some time in July.

One of the first actions of the new union was the endorsement of the request of janitors for the public schools for more pay.

At a regular meeting of the union will be held next fall, the executive committee will meet every two or three weeks throughout the summer. Each of the high schools will name one member for the executive committee some time this week and this body will then work for the enactment of the teachers' pension plan which was recently adopted by the Board of Education.

The American Federation of Labor announced yesterday that it had issued a charter to the American Federation of Teachers as an affiliated organization. This action was taken on May 10. A few days later, the local high school instructors asked for a charter as a member of the teachers' organization, of which Charles R. Stillman is president and Miss Margaret Snodgrass the secretary.

FUNERALS

Funeral services for John B. Rocca, a retired fruit merchant and resident of this city since 1889, who died at his home, 1312 Irving street northwest Monday, of pneumonia, will be held in Sacred Heart Church tomorrow morning at 9 o'clock. Private interment will be in St. Mary's Cemetery.

Funeral services for Harry D. Nash, who died at his home, 517 M street southwest, Sunday, will be held at 3 o'clock tomorrow morning at St. Dominic's Church. Interment will be in Congressional Cemetery.

Private funeral services will be held at 1:30 o'clock this afternoon for Mrs. George Vandercreek, 72, who died Sunday at her home, 519 L street northwest. Interment will be in Rock Creek Cemetery.

Kappa Beta Pi Elects.

Miss Ruth L. Halpeny has been chosen dean of the newly organized Kappa Beta Pi Legal Sorority at the Washington College of Law. Its members were initiated on Monday evening at the Hotel Lafayette by Mrs. Alice Edgerton, of Chicago, founder of the society, who came to the Capital especially to install the sorority chapter. Miss Ethel L. Lawrence was chosen associate dean; Miss Gertrude Leonard, registrar; Mrs. Sarah T. Andrews, chancellor; Miss Lydia Hendrickson, marshal; Mrs. William H. Delaney, motto bearer; and Miss Lucile Compton, color bearer.

LEGION HONORS CITIZENS.

Loyal Women Elect Seven Men Honorary Members.

As a token of appreciation for aid rendered, the Legion of Loyal Women, at its last regular meeting, appointed seven prominent Washingtonians honorary members of the association: Isaac Gans, J. H. Barnard, Henry Lanaburg, James Lansburgh, John Jay Edson, Abram Hait and William Gude. The list of honorary members of the association now contains the names of more than two score prominent business men of the city.

Plans were perfected at the meeting for the society's participation in the Grand Army of the Republic memorial service at Memorial Day and participation in the coming flag day.

CALLS D. C. TYRANNY WORSE THAN RUSSIAN

Senator Pomerene Files Report in Support of District Delegate Bill. Urges Suffrage.

Declaring that the political tyranny of Russia is not greater than that under which residents of the District live, Senator Atlee Pomerene, of Ohio, chairman of the Subcommittee on Judiciary of the Senate District Committee, yesterday filed his report in support of the District delegate bill. Senator Pomerene announced that in his opinion the bill did not go far enough in granting the District only an elective delegate in the House.

The report says in part: "While sound governmental policy would seem to suggest that the national government should have control of the District rather than that the District should have control of the government buildings and property within the District, we believe there is no valid reason why the people of the District should not have some voice in the national government, as well as those who are living outside the District and in other sections of the country. The United States is a representative government."

"The pending measure, if passed, gives to the citizens of the District only the right to elect a delegate to the House of Representatives, who may, on the floor, represent its citizens and present their cause without the right to vote. It gives them only the same right in national legislation that the people of Alaska have in the Territory of Alaska now have. By what process of reasoning can the people of the District be denied the right? Are they less patriotic or less intelligent than the people of Alaska or the people of our own States?"

"The majority of the committee believe that if (suffrage) should be granted to both men and women alike who have continuously resided in the District for a period of one year, and who have continuously resided in the precincts in which they vote for thirty days and who meet the following qualifications: That they may be able to read the Constitution of the United States in English and write their own names."

Urell Camp Meets Tonight.

A meeting of Gen. M. Emmet Urell Camp No. 3, Department of the District of Columbia, United Spanish War Veterans, will be held tonight at 8 o'clock in Pythian Temple. Camp Commander J. Q. A. Braden will preside. Department Commander J. Q. A. Braden and staff will make their annual inspection.

How To Prevent Acid Stomach And Food Fermentation

BY A NEW YORK PHYSICIAN.

"My experience in the treatment of stomach diseases has forced me to the conclusion that most people who complain of stomach trouble possess stomachs that are absolutely healthy and normal. The real trouble, that which causes all the pain and difficulty, is excessive acid in the stomach, generated by food fermentation. Hyperacidity irritates the delicate lining of the stomach abnormally, causing that full bloated feeling. Thus both acid and fermentation interfere with and retard the process of digestion. The stomach is usually healthy and normal, but irritated almost past endurance by these foreign elements—acid and wind. In all cases, and they comprise a great majority of all stomach difficulties—the first and only step necessary is to neutralize the acid and stop the fermentation by taking in a little warm or cold water immediately after eating, from one to two teaspoonfuls of bisphosphate of magnesia, which is the most effective antacid and food corrective I have ever found. The excess acid will be neutralized and the fermentation stopped almost instantly, and your stomach will at once proceed to digest the food in a healthy normal manner. Be sure to ask your druggist for bisphosphate of magnesia, which is in the form of a magnesia, especially recommended for acid stomach conditions."

"Safe-Tea First"

For the Unexpected Guests

—you are anxious to serve the very best that can be had—to cheer and refresh them. Just have your grocer send you a package of this supreme quality India-Ceylon Tea and you will realize how delicious it is. Insist on

Ridgways Tea

Awarded Gold Medal—Highest Honor
India-Ceylon Teas—San Francisco, 1915

PLEADS FOR AID FOR ARMENIANS

Henry Morgenthau, Former U. S. Envoy to Turkey, Addresses Audience.

TELLS OF GREAT NEEDS

Paints Pictures of Distress Among the Persecuted—Urges Funds for Immediate Relief.

Avoiding the harrowing details of the massacres and the persecution Armenians have been subjected to by the Turks, Henry Morgenthau, former United States Ambassador to Turkey, yesterday at Ambassador's made an earnest appeal to Americans for monetary aid to relieve the suffering caused by deportation of Armenians from their former homes in Turkey. He pictured the destitute people wandering around in deserts and mountains, homeless, foodless and almost clotheless.

Mr. Morgenthau made the appeal in the name of the American committee for Armenian and Syrian Relief. "The Armenians were living just as quietly and peacefully as possible in friendship and close contact with their Turkish associates, when suddenly they were picked out to be deported," he said. "I do not want to give you too many harrowing pictures. I think it wiser not to go too much into detail, but I will say that I have been requested to state that most of the stories, if not all, that have reached here are founded on facts."

"You can see the need, when I tell you these people are now exposed to the cold with scanty clothing and nothing to eat, with disease rife among them, dying from starvation. We are the only people to whom they can appeal for help. The people of other nations are afraid, or are unable to do it. The United States, with its hundred million inhabitants, has contributed the insignificant sum of \$25,000 to all the suffering humanity abroad. We ought to hang our heads in shame."

"If you folk could only see the distress as I have seen it; if you could see those gaunt, little figures of children, if you could have seen those little orphans brought in by Turkish officers to Constantinople, and I want to say that the Turks as a class are not a bad people to whom they can appeal for help. The people of other nations are afraid, or are unable to do it. The United States, with its hundred million inhabitants, has contributed the insignificant sum of \$25,000 to all the suffering humanity abroad. We ought to hang our heads in shame."

"If you folk could only see the distress as I have seen it; if you could see those gaunt, little figures of children, if you could have seen those little orphans brought in by Turkish officers to Constantinople, and I want to say that the Turks as a class are not a bad people to whom they can appeal for help. The people of other nations are afraid, or are unable to do it. The United States, with its hundred million inhabitants, has contributed the insignificant sum of \$25,000 to all the suffering humanity abroad. We ought to hang our heads in shame."

Urell Camp Meets Tonight.

A meeting of Gen. M. Emmet Urell Camp No. 3, Department of the District of Columbia, United Spanish War Veterans, will be held tonight at 8 o'clock in Pythian Temple. Camp Commander J. Q. A. Braden will preside. Department Commander J. Q. A. Braden and staff will make their annual inspection.

How To Prevent Acid Stomach And Food Fermentation

BY A NEW YORK PHYSICIAN.

"My experience in the treatment of stomach diseases has forced me to the conclusion that most people who complain of stomach trouble possess stomachs that are absolutely healthy and normal. The real trouble, that which causes all the pain and difficulty, is excessive acid in the stomach, generated by food fermentation. Hyperacidity irritates the delicate lining of the stomach abnormally, causing that full bloated feeling. Thus both acid and fermentation interfere with and retard the process of digestion. The stomach is usually healthy and normal, but irritated almost past endurance by these foreign elements—acid and wind. In all cases, and they comprise a great majority of all stomach difficulties—the first and only step necessary is to neutralize the acid and stop the fermentation by taking in a little warm or cold water immediately after eating, from one to two teaspoonfuls of bisphosphate of magnesia, which is the most effective antacid and food corrective I have ever found. The excess acid will be neutralized and the fermentation stopped almost instantly, and your stomach will at once proceed to digest the food in a healthy normal manner. Be sure to ask your druggist for bisphosphate of magnesia, which is in the form of a magnesia, especially recommended for acid stomach conditions."

600 TO ATTEND SHAD BAKE.

Sale of Tickets for Trade Board Outing Ends.

The sale of tickets to the shad bake of the Board of Trade, to be held at Chesapeake Beach next Saturday, closed at 8 o'clock last evening. Approximately 600 members and friends of the organization will be present.

In addition to the panoramic photographs of the members to be taken that day, a moving picture film is being planned by the Self-Tribune Company. Attention has been called by the board to the fact that cars will leave the corner of Fifteenth street and New York avenue northwest at 10:30 a. m. and 2 p. m. They will carry the members to Chesapeake Junction, where trains will be taken for the beach.

WILL SELL TAGS TODAY TO HELP POOR BABIES

Women Workers for Day Nursery and Dispensary to Preside at Numerous Stations.

Today is tag day. With more than two score women and girls enlisted in its sales department, the Day Nursery and Dispensary at 86 N street southeast will appeal to the public to buy tags, and contribute money for the upkeep of the nursery's milk depot.

The milk depot was opened the first of this month following the abandonment of the Diet Kitchen's milk station in Four-and-a-half street, near N street southeast. It is the first time the nursery and dispensary has operated a milk station in three years. It proposes to sell milk at wholesale prices, even to give it free to persons unable to purchase it.

Mrs. Roe Fulkerson is chairman of the committee arranging the tag day, and Mrs. Judson C. Welliver vice chairman. The tags, in the shape of hearts, will be sold at Woodward & Lothrop's, Palais Royal, Lansburgh's, Goldenberg's, Kohn's, New Exhibit, Hotel Harrington, Thompson's, O'Donnell's, Riker & Higeman's, Postal Telegraph Company, National Theater, Belasco, Keith's, Polls and Columbia theaters.

DEMOCRATS MEET TONIGHT.

Central Committee Will Arrange for Primary on May 31.

The Democratic central committee will meet this evening in the office of National Committeeman John F. Costello, in the Plaza Building, and receive the list of candidates for delegates and alternates to the St. Louis convention, as well as for the positions of central committeemen, twenty-two of whom will be named at the primary on May 31.

Chairman Robert E. Mattingly, of the committee which has been handling the details of the primary, will report on the places chosen for the voting booths, as well as the names of candidates.

FORUM DEFENDED BY ALLAN DAVIS

Head of Business High School Speaks at Final Meeting of Mothers' Congress.

MOTHERS DENOUNCED

Scored by Home Economics Expert for Not Feeding Children Properly—Delegates Elected.

The community forum movement, which has caused much discussion here and in New York recently as to whether the public schools should be used for such meetings, was defended by Allan Davis, principal of Business High School, addressing the Congress of Mothers at the Raleigh yesterday afternoon. It was the final meeting of the congress until September.

Mr. Davis scored those who make the use of the schools on Sunday the main argument against the forums. He said the forum movement has the broad purpose in view of arousing the middle and lower classes to take an interest in public questions. He declared that the forum movement is one of the broadest expressions of true democracy.

Mothers Are Scored.

Mothers who are over-careful of what their children eat and those who feed their children everything were both denounced by Miss Caroline Hunt, of the Bureau of Home Economics, Department of Agriculture, who also addressed the mothers.

Miss Hunt said that common sense on the part of the mother in providing wholesome foods and seeing that the child used them moderately constituted the happy medium between the two extremes. Her subject was "Food for Children."

Mrs. Walter O. Woods was elected delegate and Mrs. F. R. Braden alternate to the District Federation of Women's Clubs. Mrs. Giles Scott Hatter presided. Miss Violet Warren, Hesperia, of the Washington Readers' Club, rendered vocal readings. Miss Frances Finkel played a piano solo, Mr. Menzer sang, and Miss Kathryn Restorff played a piano solo.

Play October 14.

Charleston, W. Va., May 16.—The football teams of the University of West Virginia and the Virginia Polytechnic Institution will play in Charleston on October 14, according to arrangements completed here. The contest will take the place of the annual game between West Virginia and Washington and Lee.

Pure water will corrode pipes.



Honest-do you really KNOW?

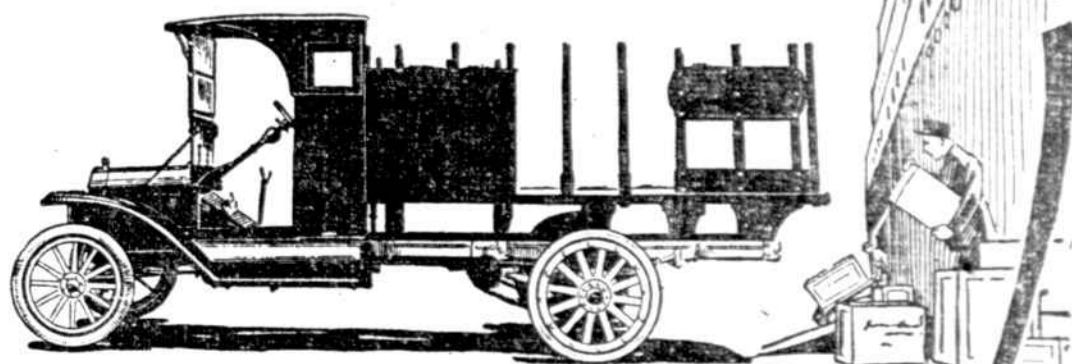
IF we could show you a one-ton truck with a capacity equal to trucks costing \$1500 or more, which could be operated at one half what those other trucks cost, you would not hesitate one minute to place your order for one, or a whole fleet of them, would you?

Are you willing to be shown? Are you willing to have placed before you facts and figures proving that the Smith Form-a-Truck is the cheapest and best investment you can make? We can prove to you that one of these trucks will do the work of 4 horses and 2 wagons—we can show you how this truck runs from 10 to 15 miles an hour

under full load—we can show you how it is quicker on the runs, and quicker in the get-aways, and speedier all around.

You owe it to yourself, as a business man, to investigate this proposition. YOU are the man to be benefited. Simply ask us to call and we will give you facts and figures that will astound you.

Use the Coupon Below—TODAY!



SMITH Form-a-Truck

Call Main 23
RECORD AUTO CO.
"The Name With a Meaning."
631-35 Mass. Ave. N. W.

Kindly send me your folder "It Solves your Delivery Problem" and put before me the facts and figures proving the SMITH Form-a-Truck gives the cheapest delivery cost in the world.

Name _____
Street Address _____
City _____ State _____